

Beverage Thickening Agents

Product	Website	Phone	Information
Hydra-aid	www.linksmed.com/beverage_thickener.html	888 425.1149	<ul style="list-style-type: none"> ◆ A gel thickener that works well in hot and cold beverages and can be frozen and thawed (i.e. ice cubes). It comes in nectar and honey packets, as well as a large pump for bulk thickening. ◆ Ingredients: Xanthan gum, water, citric acid, sodium benzoate, potassium sorbate ◆ < 1 gram carbohydrate per packet ◆ Gluten free and lactose free
Resource ThickenUp	www.norartis.com	877 250.5823	<ul style="list-style-type: none"> ◆ Instantly thickens liquids and pureed foods. ◆ No. 1 brand used in healthcare. ◆ Resource ThickenUp is an instant food and beverage thickener for people with swallowing problems (called Dysphagia). ◆ Thickens hot and cold foods and beverages to any consistency quickly and easily, and will not alter their taste. ◆ 1 Tablespoon = 1/4 Fruit Exchange ◆ Gluten free, lactose free, low residue
SimplyThick	www.simplythick.com/	800 205.7115	<ul style="list-style-type: none"> ◆ SimplyThick™ can thicken any liquid, whether hot or cold. ◆ SimplyThick™ will not separate over time. ◆ SimplyThick™ maintains a uniform consistency and texture for maximum eating enjoyment. ◆ Made from xanthan gum, a soluble fiber ◆ < 1 gram of carbohydrate per packet ◆ Lactose and gluten free

Thick & Easy	www.hormelhealthlabs.com/home.asp	800 866.7757	<ul style="list-style-type: none"> ◆ Blends quickly and smoothly. ◆ Stops thickening after one minute. ◆ Retains consistency for shelf life of food or liquid. ◆ Makes appetizing plate presentations with little effort. Instant ◆ Made from modified corn starch ◆ Food Thickener and NutraThik are gluten free ◆ 1 TBSP= 4 g carbohydrate = 1/3 Fruit Exchange
Thick-it	www.thickitretail.com/index.html	800 778.5704	<ul style="list-style-type: none"> ◆ Made with modified corn starch ◆ Gluten free and lactose free ◆ 2 TBSP = 7 g carbohydrate = 1/2 Fruit Exchange ◆ This powder thickener <i>will</i> curdle when used in a high protein product like Ensure or any high protein supplement. For low protein beverages, this powder works fine if stirred right away.

Common household ingredients used for thickening

Corn Starch
 Potato Starch
 Tapioca
 Xantan Gum
 Arrow Root
 Gelatin
 Pectin
 Custard Powder

**Guidelines for use of household thickening agents: Read directions for thickening on box. If there are no directions for this, then begin to thicken beverage by adding a teaspoon of thickener into the beverage and stirring. Continue to add additional teaspoons until desired thickness is achieved.*

Other Resources:

University of Pittsburg Medical Center: (patient education materials available for download)
<http://www.upmc.com/HealthManagement/ManagingYourHealth/HealthReference/PatientEducation/N/#Nutrition>